

## Starters

### Soup of the Day

Crusty Bread Roll or Brown Bread  
Allergens 1(Wheat, Barley), 7, 9, 12 GF Available

### Ocean Sands Caesar Salad

**Cajun Chicken Breast or Smoked Irish Salmon**  
Cos Lettuce, Bacon Lardons, Croutons,  
Parmesan Shavings, Caesar Dressing  
Allergens 1(Wheat), 2, 3, 4, 7 GF Available

### Breaded Mozzarella Sticks

Mixed Leaves, Jalapeno Relish  
Allergens 1(Wheat), 3, 7, 10

### Buffalo Chicken Wings

Smoked Garlic & Chive Dip, Rocket Leaves  
Allergens 1(Wheat), 3, 11, 12

### Avocado & Prawns

Mixed Leaves, Maire Rose Sauce, Lemon Wedge  
Allergens 1(Barley), 2, 3, 4

### Salt & Chilli Shredded Chicken

Peanut Satay Dip Allergens 1(Wheat), 3, 5, 6

### BBQ Spare Ribs

Pickled Slaw Allergens 1(Wheat, Barley), 6, 9, 10, 11

### Sides Orders €3

Homecut Chips Allergen 12	Creamed Mash Potato Allergens 7, 12
Fried Mushrooms Allergen 7	Fried Onions Allergens 7, 12
Garden Salad Allergen 12	Stirfry Vegetables Allergens 6, 12
Battered Onion Rings Allergens 1, 3, 7, 12	
Garlic Bread Allergens 1,7	
Potato Wedges Allergens €3.50	
Sweet Potato Fries €3.50	
Allergens 1(Wheat), 3, 10, 11	

# Ocean Sands Hotel

## Residents

# All - Inclusive Dinner Menu

Summer 2020

Monday to Saturday 5pm to 9.30pm

**Choose Dessert from  
Full Dessert Menu**

## Main Courses

### Creamy Chicken Curry

Marinated Chicken Breast in a mild curry sauce, Stir Fry  
Vegetables, Basmati Rice, Homecut Chips  
Allergens 1(Wheat), 7, 9, 10, 12 GF Available

### Ocean Sands 8oz Beef Burger

Applewood Smoked Bacon, Cheddar Cheese  
Kelly's Black Pudding, Caramelised Red Onion  
Flour Bap, Relish, Red Cabbage Slaw & Homecut Chips Allergens  
1(Wheat, Barley, Oat), 3, 7, 10, 12

### Grilled Fillet of Seabass SUPPLEMENT\*€3

Pineapple & Cucumber Salsa, Lemon Vinaigrette, Potato &  
Green Bean Salad Allergens 4, 7

### Whiskey & Maple Glazed Salmon

Crushed Baby Potatoes, Buttered Leeks  
Fresh Market Vegetables, Cranberry Relish  
Allergens 1(Barley), 4, 7, 12

### Stuffed Supreme of Chicken

Smoked Paprika & Chorizo Stuffing, Parsley Mash, Buttered  
Asparagus, Fresh Market Vegetables, Red Wine Jus  
Allergens 1(Wheat), 6, 7, 12 GF Available

### Rump of Mayo Lamb SUPPLEMENT\*€5

Black Pudding Stuffing, Balsamic Roasted Baby Carrots, Creamy  
Mash Potato, Fresh Market Vegetables, Shallot & Thyme Jus  
Allergens 1(Wheat, Barley, Oat), 6, 7, 12 GF Available

### Spinach & Ricotta Tortellini

Sundried Tomato, Roasted Red Peppers, Spinach, Rocket, Garlic  
Bread  
Allergens 1(Wheat), 3, 7

### 10oz Prime Sirloin Steak SUPPLEMENT\*€7

Sauté Onion & Mushrooms, Homecut Chips & Cracked Black  
Pepper Sauce Allergens 6, 7, 12

Allergens: 1- Cereals containing gluten 2- Crustaceans 3- Eggs 4- Fish 5-Peanuts 6- Soybeans 7- Milk 8- Nuts 9- Celery 10-Mustards 11- Sesame Seeds 12- Sulphur Dioxide & Sulphites 13- Lupin 14- Mollusks